

Some Know, Some Don't, Do You?

By Donna Williams, B.S.
At the local high school, employees are getting their blood pressure checked by a group of health department nurses.

As part of the routine examination the familiar blood cuff is wrapped around each person's arm above the elbow for a blood pressure reading.

Everyone except the principal, Mrs. Jones, had a good reading. Mrs. Jones' pressure was above normal which meant high blood pressure. This worries her because she had no symptoms to warn her of having high blood pressure. She expresses her anxiety to the nurse who reassures her that everything will be alright once she sees the doctor for treatment.

Like Mrs. Jones, millions of people are unaware that their blood pressure is high and a possible silent killer if not treated in time.

Hypertension which means high blood pressure is a very common health problem affecting the heart and blood vessels. Mrs. Jones is just one person out of 35 million

Americans with high blood pressure.

What is high blood pressure? It is when a person's blood pressure goes up and stays up. Although there is no cure for high blood pressure once it develops, it can be controlled. Often, controlling high blood pressure involves medication, exercise, and diet. Sometimes medication alone will control high blood pressure. The type and amount of medication depends on what the doctor prescribes for you. Any questions you have about your treatment should be discussed with your doctor.

Even if you can't feel it, high blood pressure is affecting your body every moment. The chances of getting a stroke, heart and kidney failure are greatly increased to the person with hypertension, if it goes untreated.

This health problem strikes people of every age, even children. It can affect nervous people, as well as calm people. The only way to know if your blood pressure is up is to measure it. No one can tell for sure

by the way he or she feels.

Following your doctor's instructions, keeping appointments for checkups, and taking your medication everyday on time will help the person with high blood pressure to lead a normal and full life.

Family members of a person with high blood pressure can help too. For example, after Mrs. Jones got home and explained to her family of four about her health problem, they showed how much they loved and cared for her by encouraging her to follow through on the necessary treatment. This type of emotional support demonstrates that her family love her and want her life to be as long and as healthy as possible. Encouragement and understanding from close ones will help that person to stick with that necessary treatment to keep his/her blood pressure down. Although your high blood pressure won't be cured, it will be under control and that's good! As May has been designated as High Blood Pressure month see your doctor or go to your local health department for a blood pressure check TODAY!



Principals of M&M Products go over an agreement with F.W. Woolworth Co. buyers which will have the firm's hair preparation products warehoused in selected Woolworth distribution centers throughout the country. Under Woolworth's computerized distribution system, as M&M products are sold they will be automatically reordered from these centrally located facilities. This will assure a constant supply on the store level. Pictured left to right are Cornell McBride, M&M president; Mrs. Alice Walter and F.J. Kurtz, Woolworth buyers, and Therman McKenzie, secretary treasurer of the hair preparation firm. Woolworth has also established this procedure with Johnson products, another leading minority-owned beauty products firm.

Retailer-Supplier Agreement

Columbia U. Criticized For Failure To Put Black On Pulitzer Board

NEW YORK (NNPA) - Despite headed criticism of Columbia University for not placing a black and a female on the Pulitzer Advisory Board, the winners were chosen a few weeks ago without the inclusion of the judgment of these two groups.

However, Editor Raymond Boone of the Afro-American Newspaper who has been pressing for the appointment of a black and woman to the Board, has been informed that Columbia is deeply concerned about such representation, and is carefully studying implementation of Boone's suggestion.

In his letter to Dr. William J. McGill, president of Columbia, Boone wrote: "I hope you, the Columbia Trustees and the Pulitzer Advisory Board members, will view my recommendation for broader, equitable representation on the Pulitzer Advisory Board as an opportunity to improve the Pulitzer Prizes selection process -- which justifiably has come under heavy attack in recent years for numerous reasons."

Continuing, the Afro editor said, "Failure to capitalize on this opportunity, it seems to me, would further tarnish the image of the Pulitzer Prizes and place Columbia University in an embarrassing, hypocritical position."

DeJarmon and Hobby Reappointed To CR Commission

LeMarguis DeJarmon and Wilbur Hobby of Durham have been reappointed to 2-years terms as members of the North Carolina Advisory Committee to the U. S. Commission on Civil Rights, Regional Director of the Commission, Bobby D. Doctor announced in Atlanta.

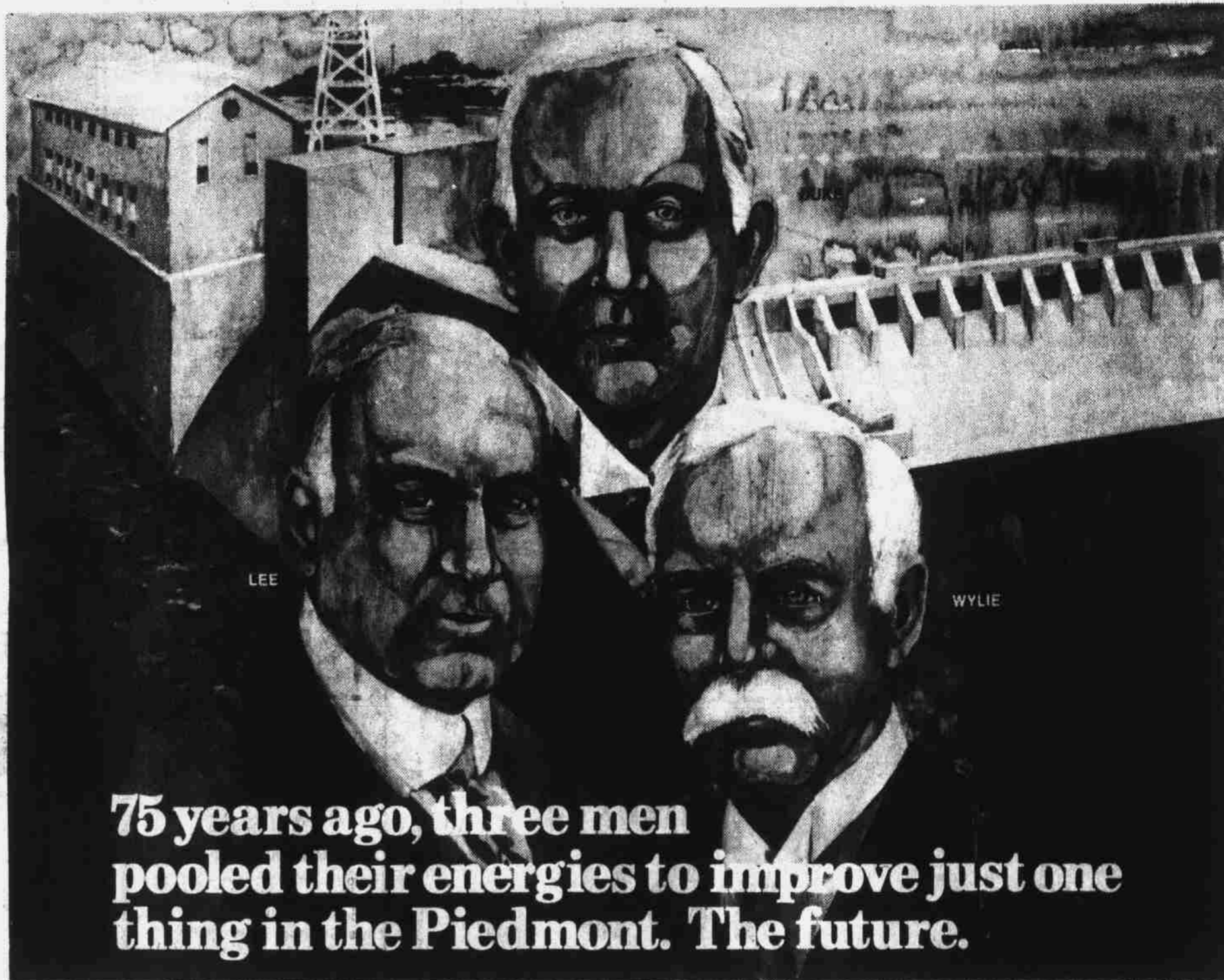
The U. S. Commission on Civil Rights is an independent bipartisan agency which collects information relating to the rights of women and minorities and reports to the President and Congress on civil rights matters. The North Carolina Advisory Committee is one of 51 nation-wide committees whose members serve without remuneration to provide the Commission with information concerning civil rights in their communities and to disseminate information about federal laws and programs.

DeJarmon is the former dean of the North Carolina Central University Law School; he is now in private practice. He currently serves as president of the North Carolina Section of the Southern Lawyers Association. DeJarmon

received his J. D. degree from Case Western Reserve University. Wilbur Hobby is the President of the AFL-CIO in North Carolina. He has served on the Durham Human Relations Commission, the Manpower Development and Training Act Council and the Governor's Committee on Comprehensive Health Care.

The North Carolina Committee is completing a study of the problems of migrant and seasonal farmworkers in the state. Their final report will be released May 10 at a press conference in Raleigh.

William W. Finlator of Raleigh chairs the Advisory Committee. Other members are: George M. Bryan, Winston-Salem; E. Thelma Caldwell, Asheville; Christine Y. Denson, Raleigh; J. Archie Hargraves, Raleigh; Margaret Keesee, Greensboro; Floyd McKissick, Soul City; Luther H. Moore, Maxton; Jane Patterson, Raleigh; John Randolph Taylor, Charlotte; Andrew J. Turner, Raleigh; Tommie Young, Greensboro; Robert L. Mangum, Lumberton; Ann M. Hooper, Beaufort; and Lavie G. Michael, Asheville.



75 years ago, three men pooled their energies to improve just one thing in the Piedmont. The future.

Then came electricity.

At the turn of the century, William States Lee had already gained practical experience in electric power plant design and construction.

Dr. W. Gill Wylie, a prominent New York surgeon who hailed from Chester, S.C., hired Lee to complete construction of a hydroelectric plant on the Catawba River near Rock Hill. On March 30, 1904, electricity from the plant flowed through copper wire to a nearby cotton mill.

Lee, a brilliant engineer from South Carolina, dreamed of the day that dams and power plants would convert the Catawba River into useful energy for all the people of the Piedmont Carolinas.

Dr. Wylie conveyed Lee's dream to James Buchanan Duke, a wealthy businessman who was Wylie's patient. The three men pooled their energies and talents—and formed the Southern Power Company, later to become Duke Power.



With the completion in 1963 of Cowans Ford Dam, which forms Lake Norman, the last free-flowing waters of the Catawba were harnessed. And Lee's dream came true.

Today, hydro plants and huge, modern steam-electric plants—fueled by coal or uranium—continue to provide energy for Piedmont people and industries.

What's next? Only the future can tell. But you can be sure of one thing—electricity will be a part of it.



Electricity came to the Piedmont Carolinas in 1904. The rest is history.

DUKE POWER

YOUR LIFE INSURANCE

Prepared by the American Society of Chartered Life Underwriters, the national society of life insurance professionals who have earned the CLU designation by meeting high educational, ethical and experience requirements.

Q. I think it would be most convenient for me to pay my insurance premiums in monthly installments, but I understand this could end up costing more than if I paid semi-annually. Is there any way around this?
A. There might be. Some

insurance companies provide pre-authorized check plans. You authorize your bank to honor a check drawn monthly by the company on your account. This type of payment not only costs less than a regular monthly premium, in some cases, it even costs less than a semi-annual premium.

Diamonds are the proper gift to give on both the 60th and 75th anniversaries.